

# VALUE ADDED COURSE

## SEMESTER – II

Course Type – Value Added Course

Course Code: ACS/206/VAC-2

### Course Title: HEALTH AND WELLNESS

**Total Marks:= 50** {Theory Marks: 40 :: Internal Assessment : 10 }  
Contact Hours per week: 4 (4 Credits) Examination Duration-2:00 Hours

#### COURSE OUTCOMES-

- 1) *Understand the meaning, definitions, dimensions, and scope of health, fitness and wellness*
- 2) *Insight into the causes of illness and the management of those ill-health through proper knowledge*
- 3) *Gain knowledge about the nutrition, components of nutrition and their impact on health.*

#### UNIT I: INTRODUCTION

- 1.1 Meaning, Definition, Aim and objectives and dimensions of Health and wellness.
- 1.2 Meaning, Definition, Aims, Objectives & Principles of Health Education.
- 1.3 Factors affecting health and wellness.
- 1.4 Health Agencies: World Health Organization (WHO) United Nation Educational Scientific & Cultural Organization (UNESCO) Integrated Child Development Services (ICDS) Ministry of Health & Family Welfare (MHFW)

#### UNIT II: NUTRITION AND WEIGHT MANAGEMENT

- 2.1 Meaning, Definition and Importance of Nutrition, Food and effect of malnutrition on health, Mid-Day Meal.
- 2.2 Basic Nutrients (Protein, Carbohydrate, Fat, Vitamins, Mineral & Water), Phytonutrients, Fibrous Food.
- 2.3 Diet, Balance Diet, Athletic Diet, Factors affecting Diet.
- 2.4 Obesity – Concept, Problems, Causes, Prevention, Assessment and procedure of weight Management.

#### UNIT III: HYGIENE, PERSONAL HYGIENE, MENTAL HYGIENE & COMMUNITY HYGIENE

- 3.1 Meaning, Concept and types of Hygiene.
- 3.2 Importance of Hygiene for healthy life, desirable hygienic habits and Importance of rest, sleep & exercise.
- 3.3 Personal Hygiene: - Care of Skin, Eye, Teeth, Ear, Nail, Nose and Hair.
- 3.4 Mental Hygiene, its importance and its practice procedure.

#### UNIT IV: HEALTH PROBLEM IN INDIA

- 4.1 Causes, Prevention and Control of Communicable Diseases: Malaria, Dengue, Corona virus.
- 4.2 Causes, Prevention and Control Non-Communicable Diseases: Thalassemia, Asthma, Arthritis.
- 4.3 Postural Deformities: Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees, Bow leg and Flat foot. Problems associated with postural deformities
- 4.4 Life Style Disease (Diabetes, Hypertensions, Stroke) and Stress Management.

## QUESTION PATTERN

<b>END SEMESTER EXAMINATION</b>		<b>Theory Marks</b>	<b>Internal Marks</b>	<b>Total Marks</b>
<b>Multiple Choice Type</b>				
<b>NUMBER OF QUESTION TO BE ANSWERED</b>	<b>TOTAL</b>			
<b>01 Mark Question</b>				
<b>40 Out of 40</b>	<b>40</b>	<b>40</b>	<b>10</b>	<b>50</b>
<b>01X40=40</b>				

### SUGGESTED READINGS:

- Turner, C.E. et al. School Health and Health Education, National Library of Australia.
- Bucher, Charles A. "Administration of Health and Physical Education Programme" C. V. Mosby Co. USA.
- Thakur, S. Krira Chikitsa, Paschimbanga Rajya Pustak Parsad.
- Hanlon, John J. "Principles of Public Health Administration" 2003.
- Nutrition Encyclopaedia, edited by Delores C.S. James, The Gale Group, Inc.
- Ghosh, B.N. A Treaties of Hygiene and Public Health, Scientific Publishing Co., Kolkata.
- Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.